

the award winning...

exposure

www.exposure.org.uk

Hi, it's us again. Over the last few months Exposure has been beavering away designing our new website. We want the site to appeal equally to young people looking to get involved in the media, as well potential clients/sponsors/funders looking to access or invest in Exposure's youth media services. You can visit www.exposure.org.uk to see what we've been up to!



**Do you need to get a positive message across?
Do you have an eye for the future?
Could you do with Exposure?**

Sex film!

Camera rolling... action...

local students in condom shoot, by Aya Aly 17



Aya overcomes her embarrassment at a local chemist

I'm one of six Alexandra Park School (APS) year 12 students attending Exposure as part of our school's enrichment programme. Our job is to plan and devise a series of short films that send a positive message to young people about sexual health.

We wanted to talk about sexual health because it's a topic we feel isn't addressed enough or adequately. Many young people don't know how to stay safe when they have sex.

One of the biggest issues is condom use, or lack of it! Often shyness gets in the way of young people using protection.

Something as simple as a 'rubber' prevents unwanted pregnancy and STIs, but many young people are too embarrassed to get condoms from a

chemist or clinic.

We've planned, written, shot and edited six short films at the Exposure office. It's been great so far as we've been able to experience the different roles involved in making a film. We've been able to act and direct, while being a part of something that will hopefully make a difference to the lives of many local young people.

Once the project is completed we will present the films to our fellow students at APS sixth form during our enrichment classes, and, hopefully, to other schools to share the important message.

Be sure to visit the Exposure website/Facebook page so you can see the results of our efforts.

Thanks! And stay protected!

a voice for young people

Interested? Download Exposure magazine at www.exposure.org.uk call 020 8883 0260 or email editor@exposure.org.uk to find out more or get involved.



Finding Emo

Guldem Masa 15 cuts out self-harming

In 2007, The Daily Mail reported that 13-year-old Hannah Bond committed suicide. She was found hanging in her room. Some people blamed the 'Emo' music scene for her death.

The newspaper stated that, "Hannah was a follower of the band My Chemical Romance and previously cut herself as an initiation into the Emo scene." Hannah's parents believed the band's lyrics

promoted self-harm and suicide.

The Emo stereotype is a moody teenager with tight jeans and a distinctive haircut who listens to rock music. But you're not Emo just because you wear the clothes and listen to the right bands. Emo is an abbreviation of the word 'emotional' - it's a state of mind, not a fashion statement.

My Emo journey began at primary school. I often felt confused

and introverted. I was extremely awkward in social situations. I had friends, but they were all loud and confident, and seemed happier than I felt. I didn't know who or what I wanted to be, and I felt weird in my own skin.

Then, during my first year of secondary school, I discovered rock music. I would sit in my room for hours listening to roaring guitars and deafening drums blasting through my headphones. The lyrics I related to most were those that screamed about tragedy and desolation. I felt that Emo music was the only thing I related to.

The Emo scene intrigued me. I loved the clothes, the hairstyles, and the music. It was finally something I felt a part of, like I belonged.

But it wasn't long before I realised something was wrong. Surfing the internet one day, I came across a website which claimed to 'teach you how to be Emo'. It was there that I discovered the darker side to a scene that I previously thought was innocent. I found detailed descriptions on how to self-harm 'the right way'. There was information about suicide methods, and even how to write a goodbye letter.

These websites negatively influence the many people in the Emo scene that feel 'lost' and introduce them to a very dark world. Shocked and disgusted, I stepped away.

I'm glad that I was able to see the potentially damaging side of the Emo lifestyle. Given the way I succumbed to other lifestyles, I could have easily become embroiled in reckless activities. I'm lucky. However, I know it's not that easy for other young people. According to NHS, approximately one in ten teenagers self harm, and one in five people have admitted to turning to self-harm at some point in their lives.

